

## Claims

We claim:

SUB 1

- 1 1. A therapeutic method, comprising the steps of:
  - 2 providing a coffin, wherein the coffin is visually available to a first person;
  - 3 directing the first person to see a second person as being in the coffin; and
  - 4 prompting the first person to express to the second person an emotion that the first person
  - 5 has in relation to the second person.

2. The method of claim 1, wherein the second person is not in the coffin.

3. The method of claim 1, wherein the second person is in the coffin.

SUB 2

- 1 4. The method of claim 1, wherein "to express" is selected from the group consisting of to
  - 2 verbally express, to non-verbally express, and a combination thereof.

- 1 5. The method of claim 1, wherein the directing and prompting steps are performed by a
  - 2 facilitator.

- 1 4 6. The method of claim 5, wherein the facilitator is selected from the group consisting of a
  - 2 professional therapist and a member of the clergy.

5 ~~9.~~ 7. The method of claim 1, wherein the coffin includes a pillow that is visually available to the  
2 first person.

1 ~~6.~~ 5 ~~8.~~ 8. The method of claim 7, wherein a top end of the coffin partially covers the coffin.

1 ~~7.~~ 9. The method of claim 1, further comprising operating an electronic device, said electronic  
2 device located within the coffin.

1 ~~8.~~ 7. ~~10.~~ 10. The method of claim 9, wherein the electronic device is selected from the group consisting of  
2 an audio device, a video device, and combinations thereof.

1 11. The method of claim 1, further comprising after the prompting step expressing the emotion,  
2 said expressing being accomplished by the first person.

1 ~~541393~~ 12. The method of claim 11, wherein the emotion includes an emotional feeling selected from the  
2 group consisting of a love for the second person, a missing of the second person, an appreciation  
3 of what the second person did for the first person, a regret for having shown the second person  
4 disrespect, and a wish for a second chance to relate to the second person, and combinations  
5 thereof.

1 13. The method of claim 11, further comprising after the expressing step, post-testing the first  
2 person by having the first person respond to questions that pertain to the first person's attitude  
3 toward the second person.

1 ~~11.~~ 14. The method of claim 1, further comprising directing the first person to envision himself or  
2 herself as being at his or her moment of despair (MOD) in relation to a destructive habit that the  
3 first person has.

1 ~~12.~~ ~~11.~~ 15. The method of claim ~~14~~, further comprising conditioning the first person to use a trigger to  
2 induce a power thought in the first person.

1 ~~13.~~ ~~11.~~ 16. The method of claim ~~14~~, further comprising directing the first person to pledge using a  
2 trigger for regularly inducing a power thought in the first person.

1 ~~14.~~ ~~11.~~ 17. The method of claim ~~14~~, wherein the destructive habit includes a habitual practice selected  
2 from the group consisting of a habitual using of an illegal drug, a habitual smoking of tobacco, a  
3 habitual drinking of alcoholic beverages to a point of intoxication, a habitual aggressive driving  
4 of a motor vehicle, and a habitual showing of parent disrespect.

1 18. The method of claim 14, wherein the ~~second~~ person is the first person.

1 22. A therapeutic structure, comprising:

2 a coffin, said coffin being visually available to a first person;

3 a visual image of a second person lying in the coffin, said visual image being seen by the  
4 first person; and

5 an expression of an emotion that the first person has in relation to the second person, said  
6 expression being expressed by said first person.

1 23. The structure of claim 22, wherein the second person is not in the coffin.

24. The structure of claim 22, wherein the second person is in the coffin.

25. The structure of claim 22, wherein the expression is selected from the group consisting of a  
verbal expression, a non-verbal expression, and a combination thereof.

26. The structure of claim 22, wherein the coffin includes a pillow that is visually available to the  
first person.

1 27. The structure of claim 22, wherein a top end of the coffin partially covers the coffin.

28. The structure of claim 22, wherein the emotion includes an emotional feeling selected from  
the group consisting of a love for the second person, a missing of the second person, an  
appreciation of what the second person did for the first person, a regret for having shown the

second person disrespect, and a wish for a second chance to relate to the second person, and combinations thereof.

29. The structure of claim 22, further comprising an envisioning by the first person of the first person being at the first person's moment of despair (MOD) in relation to a destructive habit that the first person has.

30. The structure of claim 29, further comprising a directing of the first person to pledge using a trigger for inducing a power thought in the first person.

31. The structure of claim 29, further comprising a conditioning of the first person to use a trigger to regularly induce a power thought in the first person.

32. The structure of claim 29, wherein the destructive habit includes a habitual practice selected from the group consisting of a habitual using of an illegal drug, a habitual smoking of tobacco, a habitual drinking of alcoholic beverages to a point of intoxication, a habitual aggressive driving of a motor vehicle, and a habitual showing of parent disrespect.

33. The structure of claim 29, wherein the second person is the first person.

SUB 4

1 19. A therapeutic method, comprising the steps of:  
2 pretesting a first person for a contraindication against continuing with the method;  
3 if the pretesting step fails to disclose the contraindication,  
4 providing a coffin, wherein the coffin is visually available to the first person;  
5 directing the first person to see a second person as being in the coffin; and  
6 prompting the first person to express to the second person an emotion that the  
7 first person has in relation to the second person.

1 20. The method of claim 19, further comprising after the prompting step expressing the emotion,  
2 said expressing being accomplished by the first person.

1 21. The method of claim 20, further comprising after the expressing step post-testing the first  
2 person by having the first person respond to questions that pertain to the first person's attitude  
3 toward the second person.

1 34. A therapeutic structure, comprising a coffin, said coffin being visually available to a first  
2 person, wherein a visual image of a second person lying in the coffin is being seen by the first  
3 person, and wherein an emotion that the first person has in relation to the second person is being  
4 expressed by the first person, and wherein said second person is not in the coffin.

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